

ABSTRACT OF THE DISCLOSURE

A hologram is recorded by irradiating, with a reference light beam, a region corresponding to an intensity distribution of a signal light beam on an optical recording medium. For example, the reference light beam having the intensity distribution which substantially coincides with the intensity distribution of the signal light beam is generated, and only the region which substantially coincides with the region irradiated by the signal light beam (i.e., the signal light beam defocused region) is irradiated with the reference light beam. This enables only the necessary region to be exposed and the regions which need not be exposed not to be exposed. Accordingly, the hologram can be recorded without losing information of the signal light beam and thus high-density recording can be realized.